

# Preventing Metabolic Syndrome With Aloe Vera

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PTC Forum at Qarshi Library

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# Definition

*It refers to a group of health problems associated with diabetes*

An association between certain metabolic disorders and CVD or a cluster of metabolic risk factors that come together in a single individual

or

An elevated fasting blood glucose or an elevated post meal glucose alone with at least 2 of other criteria

# Symptoms

Metabolic syndrome  
(Syndrome X)

- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance



# Who is Victim?

Any three of the following traits in the same individual

<b>Abdominal obesity</b>	Waist over 90 cm (36 inches) in men and over 80 cm (32 inches) in women
<b>Serum triglycerides</b>	150 mg/dl or above
<b>HDL cholesterol</b>	40mg/dl or lower in men and 50mg/dl or lower in women
<b>Blood pressure</b>	130/85 or more
<b>Fasting blood glucose</b>	110 mg/dl or above. (100 mg/dl in Pakistan)

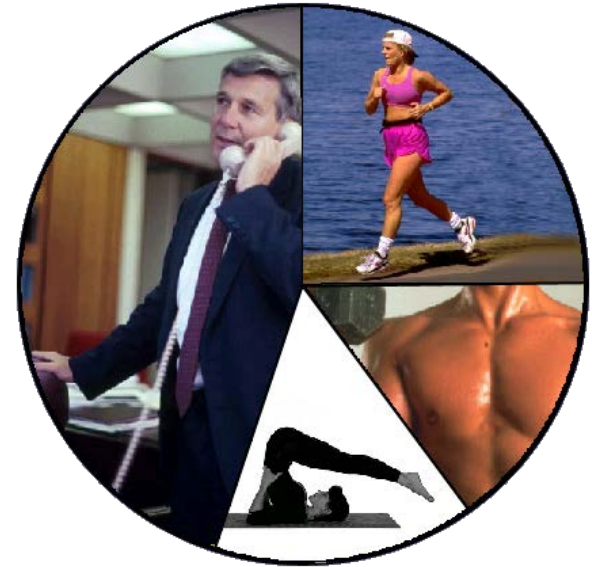
# Why it is?



## Calories In



## Calories Out



**The  
Energy  
Balance**

# Options to Control MS

1. By medicines
2. By changing lifestyle
3. By diet



# Option 1: By Medicines

It is not wise to be:

- Slave of 6 medicines daily lifelong
- Victim of side effects
- Budgetary run-off
- Unsatisfied



# Option 2: Lifestyle Modification

It is best option, but:

- Have to go long way
- Difficult
- Depends on actions & commitment

# Option 3: By Diet

It is:

- Easy
- Cost effective
- Permanent

# But Which Diet?

Should you:

- Come on a customized diet?
- Eating more minerals & vitamins?
- Take special amino acids?
- Preventions?

# Use Herb / Vegetable

Above all herbs & foods is

## **ALOE VERA**



# TOP 10 REASONS TO DRINK ALOE VERA GEL

1. Body-Building Blocks
2. Anti-inflammatory Properties
3. Daily Dose of Vitamins
4. Daily Dose of Minerals
5. Collagen and Elastin Repair
6. Regulates Weight and Energy Levels
7. Immune Support and Function
8. Aids in Healthy Digestion
9. Provides Rapid Soothing
10. Dental Health and Hygiene

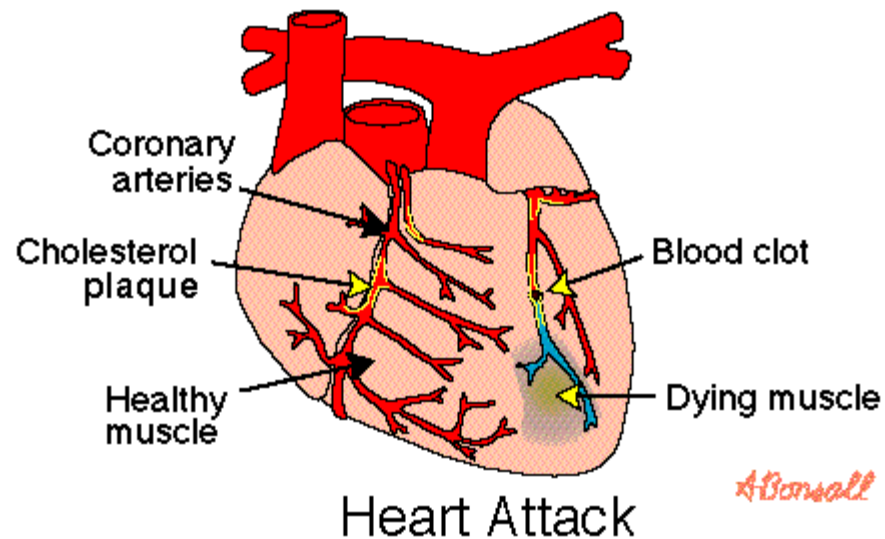
# Effects of Aloe Vera Drink

Aloe Vera drink has shown strong commitment to control Metabolic Syndrome in the following way\*:

<b>Abdominal obesity</b>	<b>Reduced waist 43 inches to 36 inches in men and 40 to 32 inches in women</b>
<b>Serum triglycerides</b>	<b>Reduced 250 to 150 mg/dl</b>
<b>HDL cholesterol</b>	<b>Increased 30 to 36 mg/dl in men and 35 to 45 mg/dl in women</b>
<b>Blood pressure</b>	<b>Reduced 180/105 to 130/85</b>
<b>Fasting blood glucose</b>	<b>Reduced 240 to 110 mg/dl</b>
<b><i>*References Available</i></b>	

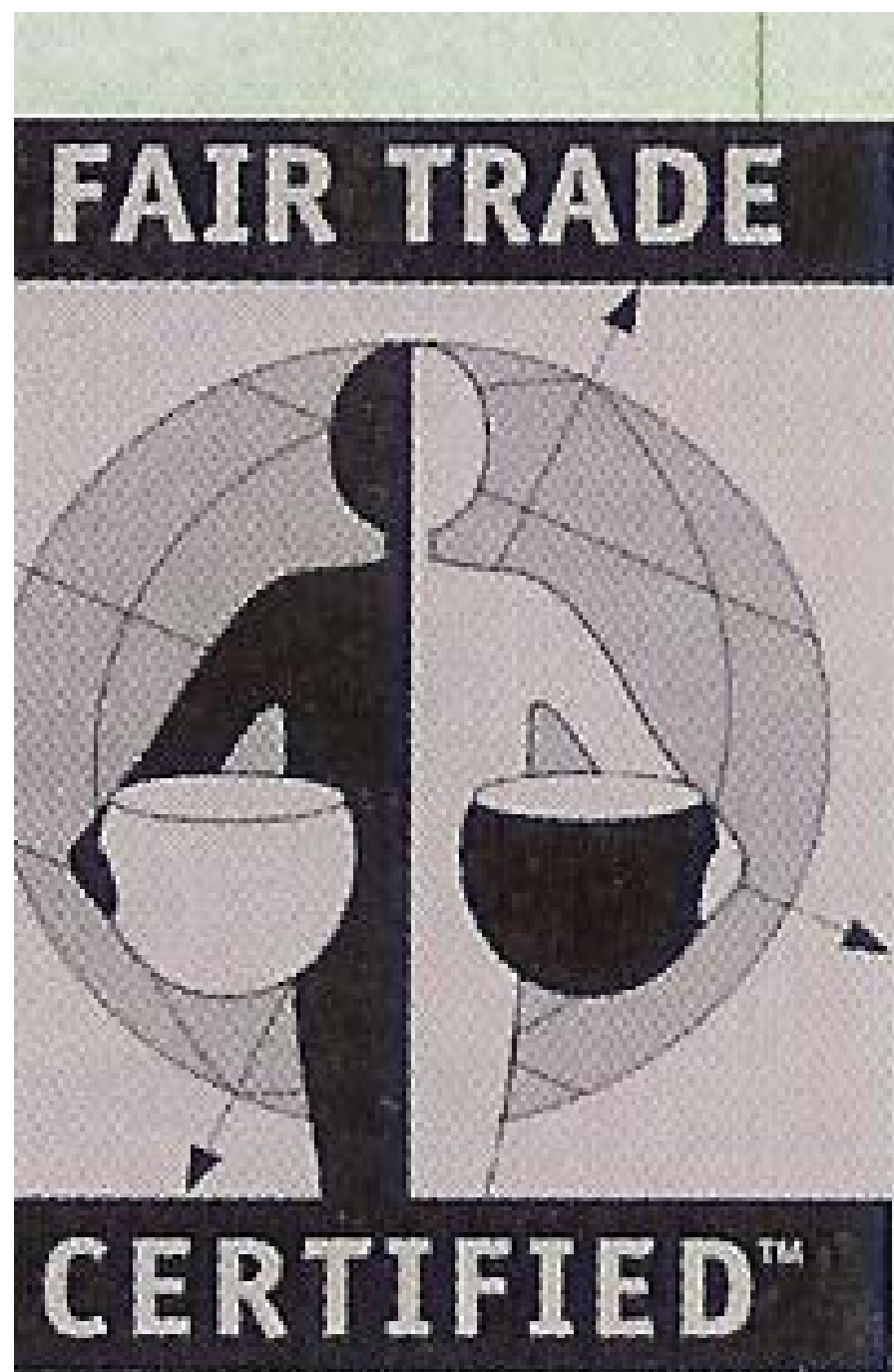


# Avoid Heart Attack





# Aloe Vera



Thank You